

# THE FOOD CALENDAR

PREPARED BY  
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# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 1

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

	B	D	L or S
<b>GROUP I</b>			
Foods characterized by mineral substances and organic acids			
Spinach or lettuce.....			
Peas or string beans.....			
Tomatoes.....			
Turnips or carrots.....			
Cabbage or onions.....			
Other vegetables.....			
Apples or pears.....			
Oranges or grapefruit.....			
Other fruit.....			
Berries.....			
Fruit gelatin.....			
<b>GROUP II</b>			
Foods characterized by protein			
Lean meats.....			
Poultry.....			
Fish.....			
Oysters.....			
Milk.....			
Cheese.....			
Eggs.....			
Dried legumes.....			
Nuts.....			
Cocoa (beverage).....			
Custard.....			
Ice cream.....			
<b>GROUP III</b>			
Foods characterized by starch			
Flour or meal mixtures.....			
Bread.....			
Crackers.....			
Macaroni.....			
Rice.....			
Tapioca.....			
Cereal breakfast foods.....			
Other cereal food.....			
Potatoes.....			
<b>GROUP IV</b>			
Foods characterized by sugar			
Sirup.....			
Honey.....			
Preserves.....			
Jellies.....			
Dried fruits.....			
Candy.....			
Sugar.....			
Frozen ices.....			
<b>GROUP V</b>			
Foods characterized by fats			
Butter.....			
Cream.....			
Lard.....			
Salt pork.....			
Bacon.....			
Chocolate.....			
Vegetable oils.....			
<b>BEVERAGES</b>			
Coffee.....			
Tea.....			

### A FOOD PROGRAM

When you use the food calendar you will be able to see at a glance whether you are omitting one of the five food groups from your diet, whether you are neglecting one, or whether you are over-emphasizing one. The amount of food you need from each group can be easily understood and calculated by studying page 30, "The Arithmetic of Menu Making."


To use the food calendar place a check opposite the foods served for breakfast, in the first column; for dinner, in the second column; for supper or lunch, in the third column.

Use one page of the food calendar every day to record the meals served for the family or for any member of the family.

A meal problem may be carried on for two consecutive days a week, excluding Saturday, Sunday, and Monday; and continued for four weeks. However, the housekeeper who carries on a meal problem every day for three or four weeks will get permanent results in a shorter time than will the housekeeper who follows the two days a week plan.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



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# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day **2**

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b>	Spinach or lettuce.....			
	Peas or string beans.....			
Foods characterized by mineral substances and organic acids	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b>	Lean meats.....			
Foods characterized by protein	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
<b>GROUP III</b>	Flour or meal mixtures.....			
Foods characterized by starch	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
	Potatoes.....			
<b>GROUP IV</b>	Sirup.....			
Foods characterized by sugar	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b>	Butter.....			
Foods characterized by fats	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
	Vegetable oils.....			
<b>BEVERAGES</b>	Coffee.....			
	Tea.....			

#### HOW SHALL WE CHOOSE OUR FOOD?

Every food you eat may be put into one of five groups. Each of these groups serves a special purpose in nourishing your body. You need some food from each group daily. Don't skip any.

If you use this food-group idea in planning your meals, you may be able to reduce the cost and to improve the quality.

By employing the food-group plan you will become familiar with the classification of all foods, the foods which make up the groups, their place in the food program, and their importance in the diet.

"Choose food wisely!

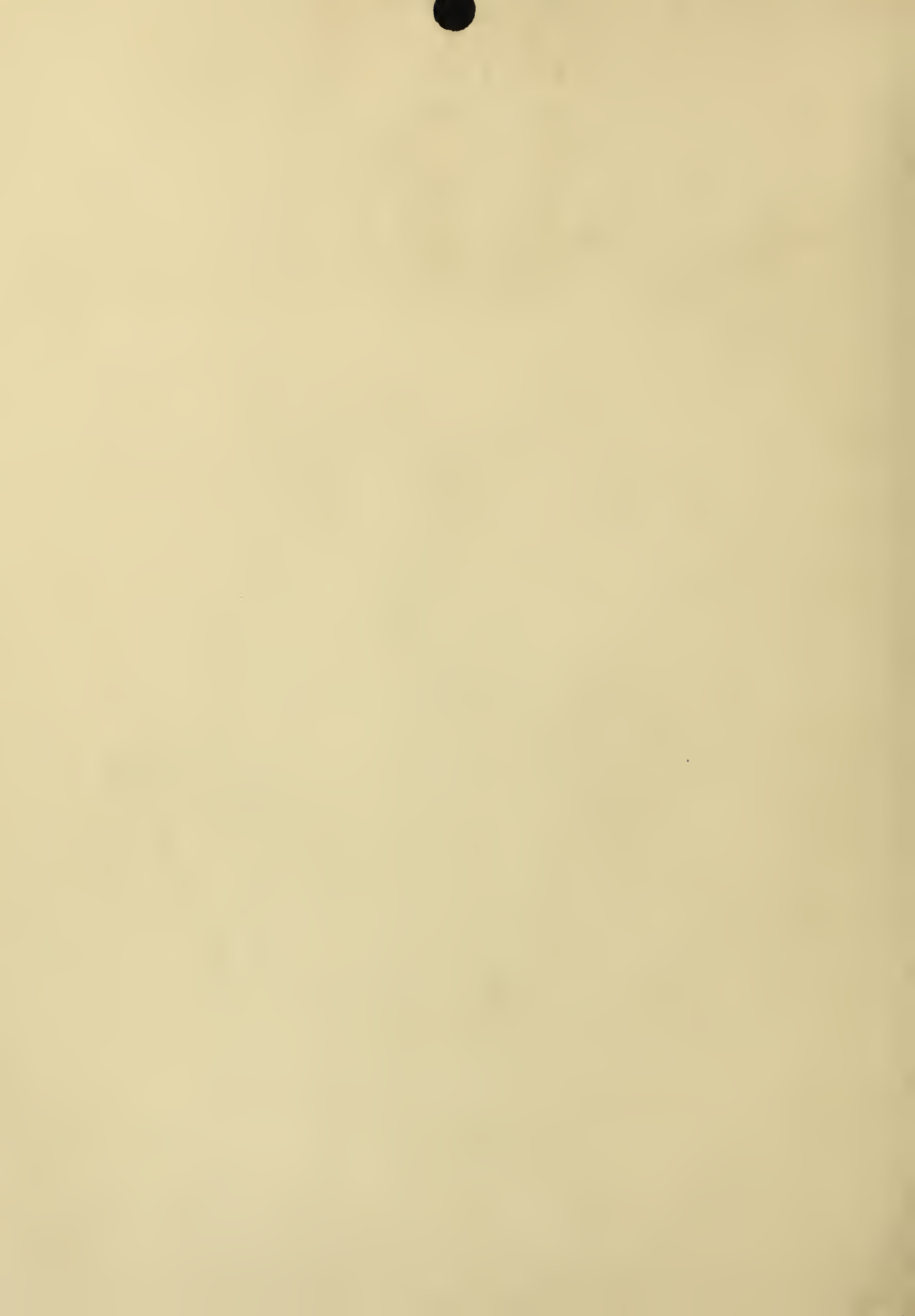
"Cook it carefully!

"Serve it nicely!"—*Isabel Bevier, Director of Home Economics, University of Illinois.*

Adapted from Thrift Leaflet No. 15, U. S. Department of Agriculture and Treasury Department.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_





# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 3

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b> Foods characterized by <b>mineral substances and organic acids</b>	Spinach or lettuce.....			
	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
<b>GROUP II</b> Foods characterized by <b>protein</b>	Fruit gelatin.....			
	Lean meats.....			
	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
<b>GROUP III</b> Foods characterized by <b>starch</b>	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
	Flour or meal mixtures.....			
	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
<b>GROUP IV</b> Foods characterized by <b>sugar</b>	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
	Potatoes.....			
	Sirup.....			
	Honey.....			
	Preserves.....			
	Jellies.....			
<b>GROUP V</b> Foods characterized by <b>fats</b>	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
	Butter.....			
	Cream.....			
	Lard.....			
	Salt pork.....			
<b>BEVERAGES</b>	Bacon.....			
	Chocolate.....			
	Vegetable oils.....			
	Coffee.....			
	Tea.....			

Breakfast—B      Dinner—D      Lunch—L      Supper—S

#### TO PROMOTE DIGESTION

Make generous use of water. Drink at least 6 glasses every day. Choose watery foods, succulent fruits and vegetables, beverages, and soups to supply more water in the diet.

Include bulky foods in the diet. They not only promote digestion but help to correct constipation. They are essential in a healthy diet. Eat coarse foods, fruit, and vegetables every day.

See that the teeth are clean, sound, and healthy—they are an index to good digestion. To keep them in good condition, bone and teeth foods (those that furnish minerals to the diet) must be provided.

Out-of-door exercise is essential for parent and child. The right kind of exercise and recreation may prevent headache and stomach trouble.

Get plenty of sleep and plenty of fresh air. "The only night air that is injurious is last night's. Open the windows and let it out."

Name \_\_\_\_\_ Address \_\_\_\_\_





# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 4

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....			
	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b> Foods characterized by protein	Lean meats.....			
	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
<b>GROUP III</b> Foods characterized by starch	Custard.....			
	Ice cream.....			
	Flour or meal mixtures.....			
	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
<b>GROUP IV</b> Foods characterized by sugar	Potatoes.....			
	Sirup.....			
	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b> Foods characterized by fats	Butter.....			
	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
<b>BEVERAGES</b>	Vegetable oils.....			
	Coffee.....			
	Tea.....			

### BUILDING A MEAL

Five things to remember:

- (1) That each food group includes expensive foods and cheap foods. Expensive foods are usually chosen for their particular flavor or texture. Be reasonable and sane in your selection. Do you wish to pay for flavor, for texture, or for food value?
- (2) That you may substitute one food for another in the same group; that is, fruits for vegetables, fish for eggs, cream for butter.
- (3) That if you wish to buy cheap fuel foods, you should select them from the cereal group: corn meal, grits, hominy, and oatmeal. The other food groups furnish fuel also, but the starch, sugar, and fat groups are those on which we depend most for fuel in our diet.
- (4) That a well-rounded diet includes the building foods (Group II). Meat, fish, eggs, etc., are more valuable as tissue builders than as fuel foods, altho they are capable also of producing both heat and energy.
- (5) That when building meals, all three meals should be carefully planned each day on the basis of a two-day or a week meal program. Emergency changes may be necessary—in which case consult the calendar for substitutes and suggestions.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 5

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....			
	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
<b>GROUP II</b> Foods characterized by protein	Fruit gelatin.....			
	Lean meats.....			
	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
<b>GROUP III</b> Foods characterized by starch	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
	Flour or meal mixtures.....			
	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
<b>GROUP IV</b> Foods characterized by sugar	Other cereal food.....			
	Potatoes.....			
	Sirup.....			
	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b> Foods characterized by fats	Butter.....			
	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
<b>BEVERAGES</b>	Vegetable oils.....			
	Coffee.....			
	Tea.....			

### IS COOKING LUCK OR IS IT A SCIENCE?

When the housekeeper knows a few fundamental recipes which are capable of variation, and knows how to modify them to meet changing conditions (H. C. L. or scarcity of sugar), she has a working basis for intelligent and scientific cookery.

To make a cake by guess or by the "hit and miss" method is poor economy, for the cake is likely to be only fair. To put together different food materials following scientific principles is not only wise but safe and sure—the cake will be a success.

To obtain identical results day after day in cooking remember—

1. That proportions must be exact.
2. That modification must be made when materials vary in quantity or quality, or when conditions are changed.
3. That there is a right way to do everything.

### WEIGHTS AND MEASURES

3 teaspoons=1 tablespoon    2 pints=1 quart  
16 tablespoons=1 cup        4 quarts=1 gallon  
2 cups=1 pint                1 cup=8 ounces of fat

All materials are measured level, i.e., by filling the cup or spoon more than full and leveling with a spatula. This applies to liquids which "round up" in spoons, as well as to dry materials. Flour, meal, and fine sugar are measured *after* sifting. Measuring cups are not always accurate, and ordinary teaspoons vary considerably. Test spoons with each other and with the cup before using.<sup>1</sup>

<sup>1</sup>Adapted from "Freehand Cooking," American School of Home Economics.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 6

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b> Foods characterized by <b>mineral substances</b> and <b>organic acids</b>	Spinach or lettuce.....			
	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b> Foods characterized by <b>protein</b>	Lean meats.....			
	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
<b>GROUP III</b> Foods characterized by <b>starch</b>	Custard.....			
	Ice cream.....			
	Flour or meal mixtures.....			
	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
<b>GROUP IV</b> Foods characterized by <b>sugar</b>	Cereal breakfast foods.....			
	Other cereal food.....			
	Potatoes.....			
	Sirup.....			
	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
<b>GROUP V</b> Foods characterized by <b>fats</b>	Candy.....			
	Sugar.....			
	Frozen ices.....			
	Butter.....			
	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
<b>BEVERAGES</b>	Chocolate.....			
	Vegetable oils.....			
	Coffee.....			
	Tea.....			

### HOW DO WE MEASURE BULK AND WEIGHT

3	average	apples	=1 pound
3	small	oranges	=1 pound
3+	medium	bananas	=1 pound
3+	medium	potatoes (white)	=1 pound
3+	medium	potatoes (sweet)	=1 pound
5+	medium	carrots	=1 pound
5	medium	beets	=1 pound
5+	medium	turnips	=1 pound
2	cups	rice (raw)	=1 pound
2	cups	sugar (gran.)	=1 pound
2 $\frac{2}{3}$	cups	sugar (powd.)	=1 pound
2	cups	butter	=1 pound
2	cups	lard	=1 pound
2	cups	water	=1 pound
2	cups	milk	=1 pound
2 $\frac{1}{3}$	cups	beans (dry)	=1 pound
2 $\frac{2}{3}$	cups	oatmeal	=1 pound
2 $\frac{5}{6}$	cups	corn meal	=1 pound
3 $\frac{3}{4}$	cups	flour	=1 pound
4 $\frac{1}{3}$	cups	rye	=1 pound
5	cups	coffee (ground)	=1 pound
8	large	eggs	=1 pound
9	medium	eggs	=1 pound
10	small	eggs	=1 pound

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_





# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 7

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b>	Spinach or lettuce.....			
	Peas or string beans.....			
Foods characterized by mineral substances and organic acids	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b>	Lean meats.....			
Foods characterized by protein	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
<b>GROUP III</b>	Flour or meal mixtures.....			
Foods characterized by starch	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
	Potatoes.....			
<b>GROUP IV</b>	Sirup.....			
Foods characterized by sugar	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b>	Butter.....			
Foods characterized by fats	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
	Vegetable oils.....			
<b>BEVERAGES</b>	Coffee.....			
	Tea.....			

### TIME TABLE FOR COOKING PROCESSES

Bread, medium loaf.....	45-60 minutes
Quick doughs.....	8-15 minutes
Cookies.....	8-12 minutes
Cake, layer.....	15-30 minutes
Cake, loaf (average).....	35-60 minutes
Pies.....	30-50 minutes
Souffle.....	15-20 minutes
Baked beans.....	5-6 hours

#### Meat:

Beef roast.....	15-25 min. per lb
Beef, boiling <sup>1</sup> .....	40 min. per lb
Roast pork or veal.....	30 min. per lb
Roast chicken, old.....	30 min. per lb
Roast turkey, young.....	30 min. per lb
Fish, baked.....	20 min. per lb
Fish, boiled.....	15 min. per lb
Ham (12 to 14 lbs.).....	5-6 hours
Corned beef.....	60 min. per lb

#### Vegetables:

Asparagus.....	15-30 minutes
Beans, string.....	30-60 minutes
Beets, old.....	2-4 hours
Beets, young.....	45-60 minutes
Cabbage.....	15-30 minutes
Carrots, young.....	15-30 minutes
Carrots, old.....	30-60 minutes
Cauliflower.....	15-30 minutes
Green corn.....	10-15 minutes
Onions.....	30-45 minutes
Peas, green.....	20-30 minutes
Potatoes, sweet.....	15-30 minutes
Potatoes, white.....	20-30 minutes
Spinach.....	15-20 minutes
Squash.....	20-30 minutes
Turnip, parsnip.....	30-45 minutes

The time stated is for boiling vegetables.

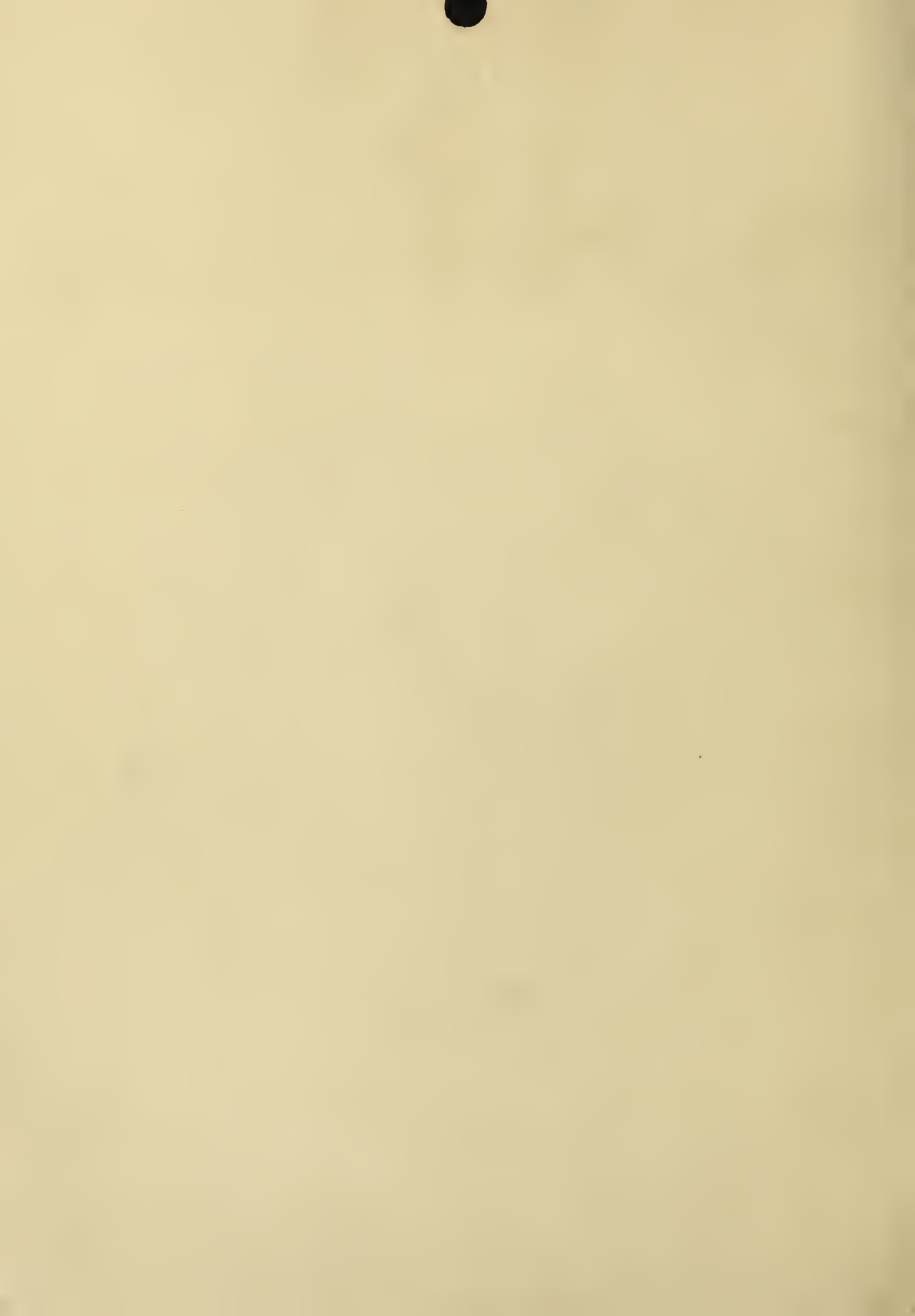
Min.=minutes. Lb.=pound.

<sup>1</sup>Tough meat should be seared, then simmered for a long time.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_





# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day **8**

**All FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b>	Spinach or lettuce.....			
Foods	Peas or string beans.....			
characterized	Tomatoes.....			
by	Turnips or carrots.....			
mineral	Cabbage or onions.....			
substances	Other vegetables.....			
and	Apples or pears.....			
organic	Oranges or grapefruit.....			
acids	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b>	Lean meats.....			
Foods	Poultry.....			
characterized	Fish.....			
by	Oysters.....			
protein	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
<b>GROUP III</b>	Flour or meal mixtures.....			
Foods	Bread.....			
characterized	Crackers.....			
by	Macaroni.....			
starch	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
	Potatoes.....			
<b>GROUP IV</b>	Sirup.....			
Foods	Honey.....			
characterized	Preserves.....			
by	Jellies.....			
sugar	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b>	Butter.....			
Foods	Cream.....			
characterized	Lard.....			
by	Salt pork.....			
fats	Bacon.....			
	Chocolate.....			
	Vegetable oils.....			
<b>BEVERAGES</b>	Coffee.....			
	Tea.....			

### TIME TABLE FOR STERILIZATION OF FRUITS AND VEGETABLES

	Scald	Steam	Pressure Cooker
	( Minutes )		
<b>Fruits:</b>			
Apples . . . . .	1½	20	8
Apricots . . . . .	1- 2	16	10
Blackberries	no	16	10
Cherries			
Currants	1- 2	16	10
Gooseberries . . .			
Grapes . . . . .	no	16	10
Huckleberries . .	no	16	10
Peaches . . . . .	1- 2	18	10
Pears . . . . .	1½	20	8
Pineapple . . . . .	2- 3	30-40	10
Plums . . . . .	no	16	10
Raspberries . . .	no	16	10
Rhubarb . . . . .	2	20	12
Strawberries . . .	no	16	10
Fruit juices . . .	no	15	8

### Vegetables:

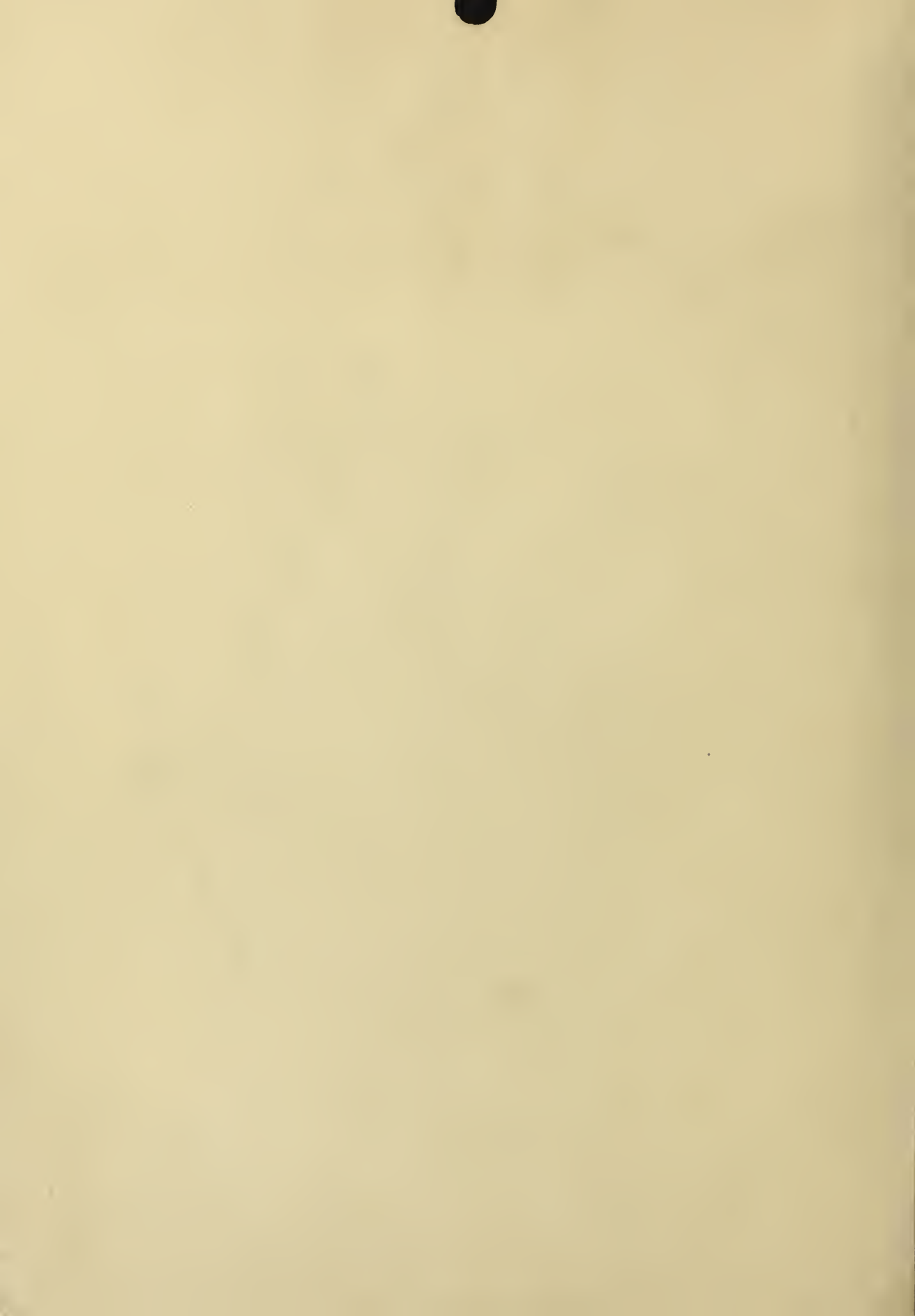
Asparagus . . .	10	180	60
Beans* . . . . .	5-10	180	60
Beets	5	120	60
Cabbage			
Carrots	5-10	180	60
Corn . . . . .			
Greens . . . . .	15	180	60
Peas . . . . .	5-10	180	60
Peppers . . . . .	5-10	120	60
Pumpkin . . . . .	3	180	60
Squash . . . . .	3	180	60
Sweet potatoes . .	5	90	60
Tomatoes . . . . .	1½	20-30	15
Soup combina- tions . . . . .	no	90	60
Vegetable combi- nations . . . . .	5-10	120	60

\*Stringless, wax, or lima.

Adapted from "Home Canning by the Cold-Pack Method" (2d ed.), Newburn, University of Illinois.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 9

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b>	Spinach or lettuce.....				<p style="text-align: center;"><b>PROPORTIONS</b></p> <p style="text-align: center;">Two Types of Cakes</p> <p>Sponge cakes:</p> <p>4 eggs—1 c sugar, 1 c flour 1 Tb lemon juice, 1 t salt</p> <p>—or</p> <p>5 eggs—other ingredients the same as above</p> <p>—or</p> <p>6 eggs—other ingredients the same as above</p> <p>The method of mixing and the baking are the two factors which will make the sponge cake a success or a failure (see any good cook book for directions).</p> <p>Butter cakes:</p> <p>Plain—3 c flour, 1 c liquid, <math>\frac{1}{4}</math> c fat, 1 egg, 6 t baking powder, <math>1\frac{1}{2}</math> c sugar, flavoring, <math>\frac{1}{2}</math> t salt.</p> <p>Rich—3 c flour, <math>\frac{3}{4}</math> c liquid, <math>\frac{3}{4}</math> c fat, 3 eggs, 4 t baking powder; other ingredients same as for plain cake.</p> <p>Very rich—3 c flour, <math>\frac{1}{2}</math> c liquid, 1 c fat, 6 eggs, 3 t baking powder; other ingredients same as for plain cake.</p> <p>The proportion of ingredients used and the temperature of the oven are essentials for satisfactory butter cakes.</p> <p style="text-align: right;">c=cup. Tb=tablespoon. t=teaspoon.</p>
Foods characterized by mineral substances and organic acids	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
<b>GROUP II</b>	Berries.....				
	Fruit gelatin.....				
	Lean meats.....				
	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
Foods characterized by protein	Eggs.....				
	Dried legumes.....				
	Nuts.....				
	Cocoa (beverage).....				
	Custard.....				
	Ice cream.....				
	<b>GROUP III</b>	Flour or meal mixtures.....			
		Bread.....			
Crackers.....					
Macaroni.....					
Rice.....					
Tapioca.....					
Cereal breakfast foods.....					
Other cereal food.....					
Foods characterized by starch	Potatoes.....				
	Sirup.....				
	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
<b>GROUP IV</b>	Frozen ices.....				
	Butter.....				
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
<b>GROUP V</b>	Butter.....				
	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
	Tea.....				
<b>BEVERAGES</b>	Coffee.....				
	Tea.....				

Adapted from "Food and the War," U. S. Food Administration.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 10

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S																															
<b>GROUP I</b>	Spinach or lettuce.....				<b>SHORTENING</b>  Fats are added to doughs to make the product "short" and to enrich the mixture. The fat counteracts the adhesive properties of the gluten and starch in flour.  Pastry flours contain less gluten than bread flours, and so require less shortening.  Butter and oleomargarine contain about $\frac{1}{8}$ water and salt, and thus have less shortening power than lard, drippings, snowdrift, cottolene, etc., which contain no water.  Proportions for pastry:  2 c flour: $\frac{1}{2}$ to 1 Tb fat for yeast dough 2 c flour: 4 Tb fat for shortcake 2 c flour: 6 Tb fat for cake 2 c flour: 8 Tb ( $\frac{1}{2}$ c) fat for cookies 2 c flour: 8 Tb ( $\frac{1}{2}$ c) fat for pie 2 c flour: 16 Tb (1 c) fat for fancy pastry  Variations in biscuits:  <table style="margin-left: auto; margin-right: auto;"> <tr> <td><i>Liquid</i></td> <td><i>Flour</i></td> <td><i>Fat</i></td> <td><i>B. P.</i></td> <td><i>Soda</i></td> <td><i>Salt</i></td> </tr> <tr> <td>Sweet milk</td> <td>2 c</td> <td>2 t</td> <td>4 t</td> <td>—</td> <td><math>\frac{1}{2}</math> t</td> </tr> <tr> <td>(amount?)</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sour milk</td> <td>2 c</td> <td>2 t</td> <td>2 t</td> <td><math>\frac{1}{4}</math> t</td> <td><math>\frac{1}{2}</math> t</td> </tr> <tr> <td>(amount?)</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>	<i>Liquid</i>	<i>Flour</i>	<i>Fat</i>	<i>B. P.</i>	<i>Soda</i>	<i>Salt</i>	Sweet milk	2 c	2 t	4 t	—	$\frac{1}{2}$ t	(amount?)						Sour milk	2 c	2 t	2 t	$\frac{1}{4}$ t	$\frac{1}{2}$ t	(amount?)					
<i>Liquid</i>	<i>Flour</i>	<i>Fat</i>	<i>B. P.</i>	<i>Soda</i>		<i>Salt</i>																													
Sweet milk	2 c	2 t	4 t	—		$\frac{1}{2}$ t																													
(amount?)																																			
Sour milk	2 c	2 t	2 t	$\frac{1}{4}$ t		$\frac{1}{2}$ t																													
(amount?)																																			
Foods characterized by mineral substances and organic acids	Peas or string beans.....																																		
	Tomatoes.....																																		
	Turnips or carrots.....																																		
	Cabbage or onions.....																																		
	Other vegetables.....																																		
	Apples or pears.....																																		
	Oranges or grapefruit.....																																		
	Other fruit.....																																		
	Berries.....																																		
	Fruit gelatin.....																																		
<b>GROUP II</b>	Lean meats.....																																		
Foods characterized by protein	Poultry.....																																		
	Fish.....																																		
	Oysters.....																																		
	Milk.....																																		
	Cheese.....																																		
	Eggs.....																																		
	Dried legumes.....																																		
	Nuts.....																																		
	Cocoa (beverage).....																																		
	Custard.....																																		
	Ice cream.....																																		
<b>GROUP III</b>	Flour or meal mixtures.....																																		
Foods characterized by starch	Bread.....																																		
	Crackers.....																																		
	Macaroni.....																																		
	Rice.....																																		
	Tapioca.....																																		
	Cereal breakfast foods.....																																		
	Other cereal food.....																																		
	Potatoes.....																																		
<b>GROUP IV</b>	Sirup.....																																		
Foods characterized by sugar	Honey.....																																		
	Preserves.....																																		
	Jellies.....																																		
	Dried fruits.....																																		
	Candy.....																																		
	Sugar.....																																		
	Frozen ices.....																																		
<b>GROUP V</b>	Butter.....																																		
Foods characterized by fats	Cream.....																																		
	Lard.....																																		
	Salt pork.....																																		
	Bacon.....																																		
	Chocolate.....																																		
	Vegetable oils.....																																		
<b>BEVERAGES</b>	Coffee.....																																		
	Tea.....																																		

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Adapted from "Freehand Cooking," American School of Home Economics.

Name \_\_\_\_\_ Address \_\_\_\_\_





# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 11

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....			
	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b> Foods characterized by protein	Lean meats.....			
	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
<b>GROUP III</b> Foods characterized by starch	Custard.....			
	Ice cream.....			
	Flour or meal mixtures.....			
	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
<b>GROUP IV</b> Foods characterized by sugar	Potatoes.....			
	Sirup.....			
	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b> Foods characterized by fats	Butter.....			
	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
<b>BEVERAGES</b>	Vegetable oils.....			
	Coffee.....			
	Tea.....			

### THICKENING AGENTS

The common thickening agents are flour, corn-starch, rice flour, potato flour, arrow-root, and eggs. Gelatin and sea moss, and junket for milk, may also be used as thickening agents.

Proportions for thickening:

- 1 c soup requires 1 Tb flour.
- 1 c gravy requires 2 Tb flour.
- 1 c brown gravy requires 5 Tb browned flour.
- 1 c cornstarch pudding requires 2 Tb corn-starch.
- 1 c custard requires 1 egg.
- 1 c gelatin jelly requires  $\frac{1}{2}$  Tb granulated gelatin if cooled on ice.

Proportions for white sauce:

	Liquid	Fat	Flour	Use
Thin . . .	1 c	1 Tb	1 Tb	Soup
Medium . .	1 c	1 Tb	2 Tb	Creamed dishes
Thick . . .	1 c	1 Tb	4 Tb	Binding agent

c=cup. Tb=tablespoon.

Adapted from "Freehand Cooking," American School of Home Economics.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

#### DAILY RECORD

Month \_\_\_\_\_ Day **12**

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

#### GROUP I

Foods characterized by mineral substances and organic acids

Spinach or lettuce.....  
Peas or string beans.....  
Tomatoes.....  
Turnips or carrots.....  
Cabbage or onions.....  
Other vegetables.....  
Apples or pears.....  
Oranges or grapefruit.....  
Other fruit.....  
Berries.....  
Fruit gelatin.....

#### GROUP II

Foods characterized by protein

Lean meats.....  
Poultry.....  
Fish.....  
Oysters.....  
Milk.....  
Cheese.....  
Eggs.....  
Dried legumes.....  
Nuts.....  
Cocoa (beverage).....  
Custard.....  
Ice cream.....

#### GROUP III

Foods characterized by starch

Flour or meal mixtures.....  
Bread.....  
Crackers.....  
Macaroni.....  
Rice.....  
Tapioca.....  
Cereal breakfast foods.....  
Other cereal food.....  
Potatoes.....

#### GROUP IV

Foods characterized by sugar

Sirup.....  
Honey.....  
Preserves.....  
Jellies.....  
Dried fruits.....  
Candy.....  
Sugar.....  
Frozen ices.....

#### GROUP V

Foods characterized by fats

Butter.....  
Cream.....  
Lard.....  
Salt pork.....  
Bacon.....  
Chocolate.....  
Vegetable oils.....

#### BEVERAGES

Coffee.....  
Tea.....

B      D      L or S

#### THE NEED FOR A HOT LUNCH

Is your child one of the five million in the United States who are suffering from malnutrition? "Poverty is not the most important cause of this serious barrier to healthy development."

Is your child—

Forgetful?  
Restless?  
Unhappy?  
Irritable?  
Over-sensitive?  
Listless in work and play?  
Over-tired?  
Lacking in power of self-control?  
Lacking in power of concentration?  
Under weight?  
Flabby-fat and muscles under-developed?  
Pale, delicate, sallow?

Is your child carrying a cold picnic lunch 5 days a week, 22 days a month, 198 days a year?

Is your child fortunate enough to be in a school where the hot dish is served?

McLean County had 43 such schools last year.

LaSalle County had 23 schools.

Lake County had 7 schools.

Champaign County had 3 schools.

Mercer County had 2 schools.

Macon County had 1 school.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 13

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b>	Spinach or lettuce.....				<b>EIGHT REASONS FOR THE HOT SCHOOL LUNCH</b>  To teach the use of right foods for the growth and development of boys and girls.  To teach the food values of right foods.  To teach the preparation of "growing" foods.  To teach standards of right living and health.  To give the child a variety in the lunch.  To give the child more milk and milk dishes. One quart of milk a day should be used when possible.  To give the child an opportunity to form good, sane habits of eating. Bolting the lunch at school or home is the first step leading to digestive troubles. Teach children to eat slowly.  To give the child an opportunity to work effectively and successfully with others. The child's training in "team work" has many advantages; the greatest is preparation for community or public service later on.  <i>The child's ration should be as carefully planned as the ration for our live stock.</i>
Foods characterized by <b>mineral substances</b> and <b>organic acids</b>	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
	Fruit gelatin.....				
<b>GROUP II</b>	Lean meats.....				
Foods characterized by <b>protein</b>	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
	Cocoa (beverage).....				
	Custard.....				
	Ice cream.....				
<b>GROUP III</b>	Flour or meal mixtures.....				
Foods characterized by <b>starch</b>	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
	Potatoes.....				
<b>GROUP IV</b>	Sirup.....				
Foods characterized by <b>sugar</b>	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b>	Butter.....				
Foods characterized by <b>fats</b>	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
<b>BEVERAGES</b>	Coffee.....				
	Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_





# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 14

All FIVE GROUPS should be represented in the diet EVERY DAY

		B	D	L or S
<b>GROUP I</b>	Spinach or lettuce.....			
Foods characterized by mineral substances and organic acids	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b>	Lean meats.....			
Foods characterized by protein	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
<b>GROUP III</b>	Flour or meal mixtures.....			
Foods characterized by starch	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
	Potatoes.....			
<b>GROUP IV</b>	Sirup.....			
Foods characterized by sugar	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b>	Butter.....			
Foods characterized by fats	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
BEVERAGES	Vegetable oils.....			
	Coffee.....			
	Tea.....			

### A HOT DISH FOR THE SCHOOL LUNCH

Every child "needs a hot nourishing lunch at midday. The school lunch served should be a part of every school in the country and especially of the rural school."

Every child is entitled to three carefully selected and prepared meals every day of his life.

Every child should be taught—

What to eat  
When to eat  
How to eat

Every child should be up to standard weight. If your child is under weight, find the cause. Ill health may be due to—

Wrong food  
Insufficient food  
Badly cooked food

Calorie requirement in childhood<sup>1</sup>

Age	Weight	Calories per pound
2	29-30	40
3	35	40
4	37½	40
5	41	35-37
6	45	34-35
7	50	32-34
8-9	..	30-35
10-12	..	28-32

Children require twice as many calories per pound as adults. An adolescent boy needs an abundance of food for muscular activity as well as for development.

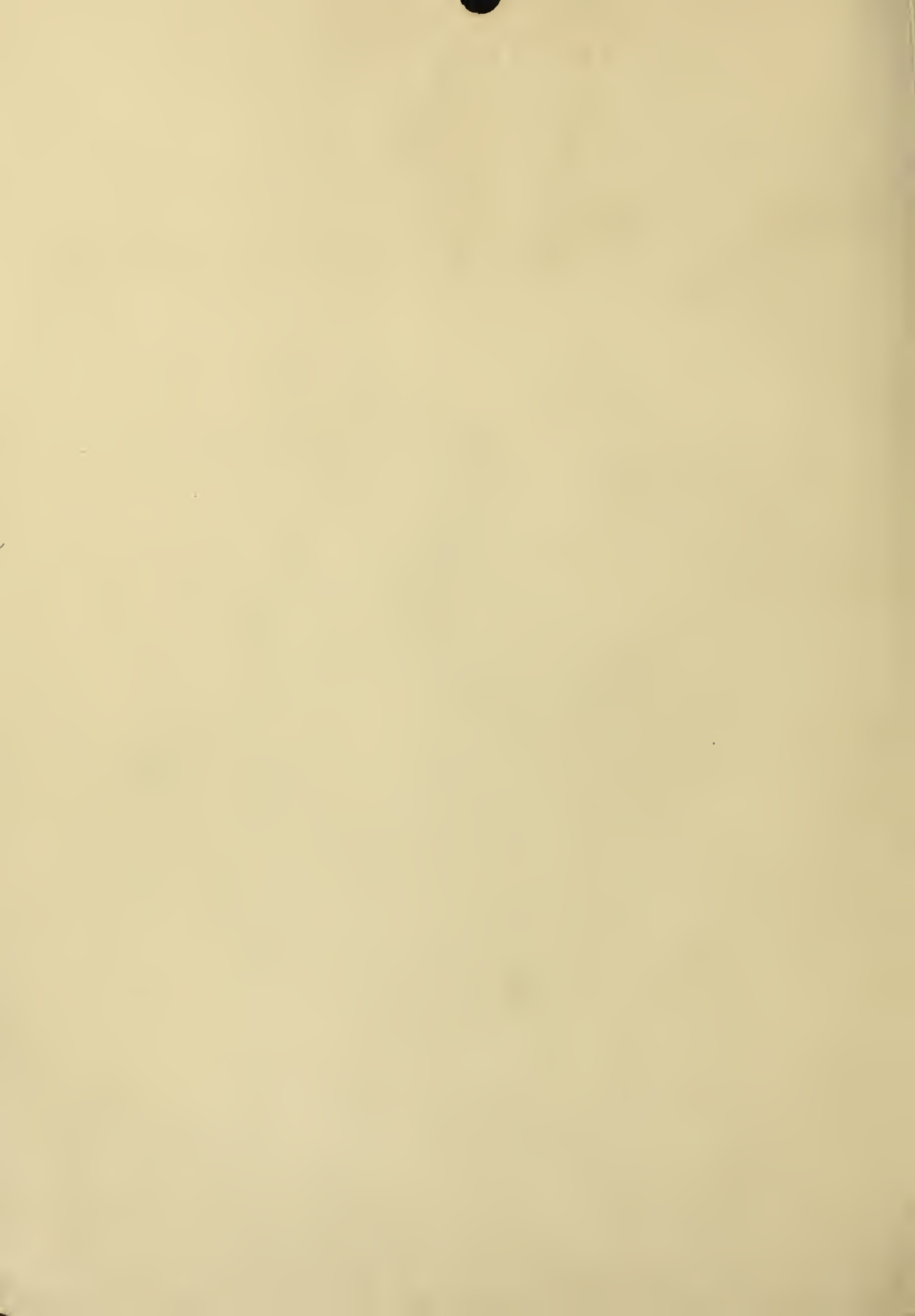
*"What shall it profit a child if he gain the whole curriculum and lose his health."—Kingsley.*

<sup>1</sup>From "Feeding the Family," Rose.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_





# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 15

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S		
<b>GROUP I</b>	Spinach or lettuce.....				<b>RESULTS WHEN A HOT DISH IS SERVED</b>  "Children in schools where a hot dish is served are better nourished and do their school work, especially in the afternoon, with better results."	
Foods characterized by mineral substances and organic acids	Peas or string beans.....					
	Tomatoes.....					
	Turnips or carrots.....					
	Cabbage or onions.....					
	Other vegetables.....					
	Apples or pears.....					
	Oranges or grapefruit.....					
	Other fruit.....					
	Berries.....					
Fruit gelatin.....						
<b>GROUP II</b>	Lean meats.....				Children show general health improvement—that is, a fuller physical development.  Children show a greater resistance to disease.  Children show increased mental alertness and are more responsive.	
Foods characterized by protein	Poultry.....					
	Fish.....					
	Oysters.....					
	Milk.....					
	Cheese.....					
	Eggs.....					
	Dried legumes.....					
	Nuts.....					
	Cocoa (beverage).....					
Custard.....						
Ice cream.....						
<b>GROUP III</b>	Flour or meal mixtures.....				Children show greater interest in their work and play.  Children show increased power in self-control, which means improved classroom conduct.	
Foods characterized by starch	Bread.....					
	Crackers.....					
	Macaroni.....					
	Rice.....					
	Tapioca.....					
	Cereal breakfast foods.....					
	Other cereal food.....					
	Potatoes.....					
<b>GROUP IV</b>	Sirup.....				Are you satisfied that your child had the right kind of lunch on 198 school days last year? A lunch carried from home should be carefully prepared and packed. A thermos bottle may be used to carry hot soup, cocoa, or milk.  Are you willing to help introduce the hot school lunch into your school?	
Foods characterized by sugar	Honey.....					
	Preserves.....					
	Jellies.....					
	Dried fruits.....					
	Candy.....					
	Sugar.....					
	Frozen ices.....					
<b>GROUP V</b>	Butter.....					
Foods characterized by fats	Cream.....					
	Lard.....					
	Salt pork.....					
	Bacon.....					
	Chocolate.....					
	Vegetable oils.....					
<b>BEVERAGES</b>	Coffee.....					
	Tea.....					

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 16

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b>	Spinach or lettuce.....				<b>THE MOST VALUABLE OF ALL FOODS</b>  It is not always easy to give the family just the proteins and minerals and fatty foods that they must have to maintain health. Milk contains them all. It is the most valuable of all foods.
Foods characterized by mineral substances and organic acids	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
	Fruit gelatin.....				
<b>GROUP II</b>	Lean meats.....				Milk proteins are second to none for health and growth.  The protein in one quart of milk equals that in 7 ounces of sirloin. One quart of milk equals 4.3 eggs.
Foods characterized by protein	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
	Cocoa (beverage).....				
	Custard.....				
	Ice cream.....				Milk is a cheap source of protein. At 15c a quart, milk is as cheap as sirloin steak at 35c a pound. At 18c a quart, milk is as cheap as eggs at 50c a dozen.  Milk contains two types of the accessory substances (vitamines) without which health and even life is impossible. One type is associated with milk fat.
<b>GROUP III</b>	Flour or meal mixtures.....				
Foods characterized by starch	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
	Potatoes.....				
<b>GROUP IV</b>	Sirup.....				Other foods contain these substances, but only a few foods contain them in so useful a form as milk.
Foods characterized by sugar	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b>	Butter.....				Milk should be kept clean, cold, and covered.
Foods characterized by fats	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
<b>BEVERAGES</b>	Coffee.....				Adapted from "Milk," Ruth Wheeler, University of Illinois.
	Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 17

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

	B	D	L or S	
<b>GROUP I</b>				<p style="text-align: center;">CLEAN MILK IS SAFE FOOD</p> <p>Milk produced in a clean way, handled in a clean way, placed in clean dishes, closely covered, and kept cold should remain sweet for 24 hours or longer.</p>
Foods characterized by mineral substances and organic acids				
Spinach or lettuce.....				
Peas or string beans.....				
Tomatoes.....				
Turnips or carrots.....				
Cabbage or onions.....				
Other vegetables.....				
Apples or pears.....				
Oranges or grapefruit.....				
Other fruit.....				<p>Spoiling of food is prevented by—</p> <ol style="list-style-type: none"> <li>1. Cooling by means of ice, cold air, cold running water, evaporating water, heat-tight containers.</li> <li>2. Heating: cooking, canning, preserving.</li> <li>3. Proper storage: placing in clean utensils and carefully covering to exclude dust and dirt.</li> </ol>
<b>GROUP II</b>				
Foods characterized by protein				
Lean meats.....				
Poultry.....				
Fish.....				
Oysters.....				
Milk.....				
Cheese.....				
Eggs.....				
Dried legumes.....				<p>Spoiling of food is due to the growth of micro-organisms. These grow best at a temperature of 50° Fahrenheit.</p>
Nuts.....				
Cocoa (beverage).....				
Custard.....				
Ice cream.....				
<b>GROUP III</b>				
Foods characterized by starch				
Flour or meal mixtures.....				
Bread.....				
Crackers.....				
Macaroni.....				
Rice.....				
Tapioca.....				
Cereal breakfast foods.....				
Other cereal food.....				<p>Milk is one of the most common carriers of disease. Statistics show that milk is very often the cause of an epidemic, such as typhoid fever or diphtheria. A single farm or milk supply may be responsible for such an epidemic.</p>
Potatoes.....				
<b>GROUP IV</b>				
Foods characterized by sugar				
Sirup.....				
Honey.....				
Preserves.....				
Jellies.....				
Dried fruits.....				
Candy.....				
Sugar.....				
Frozen ices.....				<p>Clean milk is safe, valuable as a growing food and as a food accessory, and is most usable in the preparation of many dishes.</p>
<b>GROUP V</b>				
Foods characterized by fats				
Butter.....				
Cream.....				
Lard.....				
Salt pork.....				
Bacon.....				
Chocolate.....				
Vegetable oils.....				
<b>BEVERAGES</b>				
Coffee.....				
Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_





# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 18

All FIVE GROUPS should be represented in the diet EVERY DAY

		B	D	L or S
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....			
	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b> Foods characterized by protein	Lean meats.....			
	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
<b>GROUP III</b> Foods characterized by starch	Custard.....			
	Ice cream.....			
	Flour or meal mixtures.....			
	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
<b>GROUP IV</b> Foods characterized by sugar	Cereal breakfast foods.....			
	Other cereal food.....			
	Potatoes.....			
	Sirup.....			
	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
<b>GROUP V</b> Foods characterized by fats	Candy.....			
	Sugar.....			
	Frozen ices.....			
	Butter.....			
	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
<b>BEVERAGES</b>	Chocolate.....			
	Vegetable oils.....			
	Coffee.....			
	Tea.....			

#### USE MORE MILK

IT IS AN IMPORTANT FACTOR OF SAFETY IN THE DIET

Use whole milk. Use every drop of it. Plan to use it before it sours unless you can take time to make use of every bit of it afterwards.

Give the children whole milk to drink. Plan the children's meals around milk as the chief food, giving each child one quart a day.

Add cereals for energy.

Add green vegetables to supply iron.

Add egg yolk to supply iron.

Add fresh fruit to keep the digestive system in good condition.

"Grown-ups" should each have a pint of milk a day. They may divide theirs if they wish, using cream for coffee, cereal, or dessert, and skimmed milk in cooked dishes.

They may take their pint of milk a day in the form of skimmed milk providing they eat butter or fat from meat and eggs, or oleo-margarine from beef fat. If the fat in the diet is chiefly nut butter, lard, or vegetable oil, whole milk is advisable.

Whole milk=milk plus all cream

Top milk =cream plus some milk

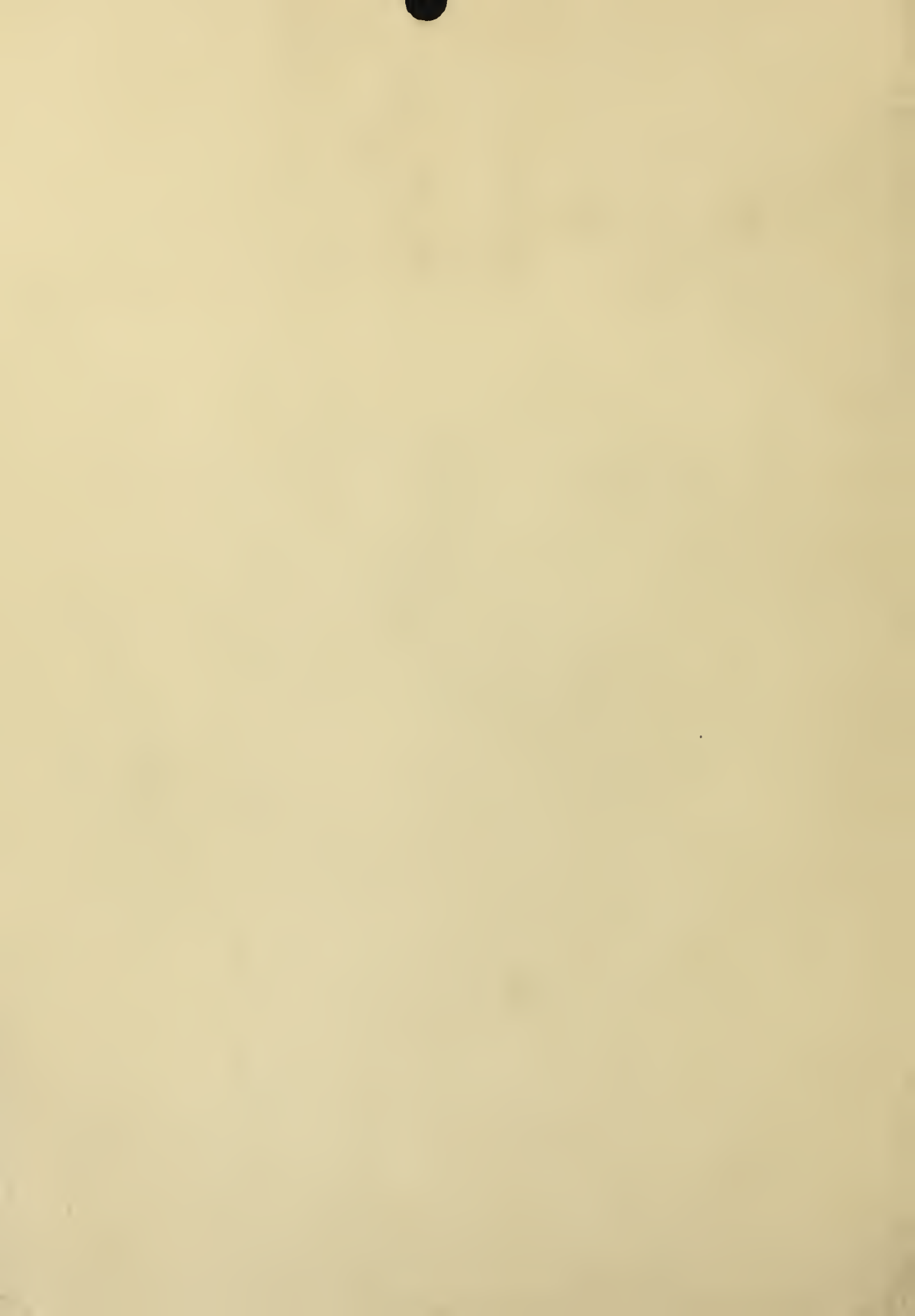
Cream =fat of milk

Skim milk =separated milk, cream removed

Adapted from "Milk," Ruth Wheeler, University of Illinois.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 19

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b> Foods characterized by <b>mineral substances and organic acids</b>	Spinach or lettuce.....			
	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b> Foods characterized by <b>protein</b>	Lean meats.....			
	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
<b>GROUP III</b> Foods characterized by <b>starch</b>	Custard.....			
	Ice cream.....			
	Flour or meal mixtures.....			
	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
<b>GROUP IV</b> Foods characterized by <b>sugar</b>	Potatoes.....			
	Sirup.....			
	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b> Foods characterized by <b>fats</b>	Butter.....			
	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
	Vegetable oils.....			
<b>BEVERAGES</b>	Coffee.....			
	Tea.....			

### MILK, ITS PRODUCTION AND COMPOSITION

“Two hundred million quarts a day

Is more milk than this country is now producing, and yet it would be only enough to give every person in the United States a quart of fresh milk a day, because about 55 percent of the total milk production goes into manufactured products or is fed to animals or lost in handling. About 36 percent of the total milk production goes into butter, while ice cream takes about 4 percent and cheese 4.5 percent.”

Average composition of milk and milk products

	Water	Protein	Fat	Sugar	Mineral
	(percent)				
Whole milk.....	87.0	3.3	4.0	5.0	0.7
Skim milk.....	90.3	3.5	0.11	5.3	0.8
Buttermilk.....	90.0	3.7	0.5	5.1	0.7
Butter . . .	16.0	1.0	80.0	...	3.0
Ice cream . .	63.0	5.0	10.0	21.0	1.0

“Everybody’s Business

“Milk production and distribution is in a very real sense everybody’s business. Often it is a community problem, a ‘you and me’ problem, and everyone who helps increase the production and consumption of milk is rendering service to community, state, and nation. It’s not a simple problem, and in solving it there must be lots of ‘pull together’ and a disposition to consider and understand the ‘other fellow’ on the part of producer, dealer, and consumer.”<sup>2</sup>

<sup>1,2</sup>U. S. Department of Agriculture, Bureau of Markets.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 20

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....			
	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
<b>GROUP II</b> Foods characterized by protein	Fruit gelatin.....			
	Lean meats.....			
	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
<b>GROUP III</b> Foods characterized by starch	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
	Flour or meal mixtures.....			
	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
<b>GROUP IV</b> Foods characterized by sugar	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
	Potatoes.....			
	Sirup.....			
	Honey.....			
	Preserves.....			
	Jellies.....			
<b>GROUP V</b> Foods characterized by fats	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
	Butter.....			
	Cream.....			
	Lard.....			
	Salt pork.....			
<b>BEVERAGES</b>	Bacon.....			
	Chocolate.....			
	Vegetable oils.....			
	Coffee.....			
	Tea.....			

#### "STORE" CHEESE

One gallon of milk is required to make one pound of "store" cheese. Therefore, one pound of cheese represents the fat and casein (protein) of one gallon of milk.

Composition of "store" cheese made from whole milk:

Water	Fat	Protein	Carbohy- drates	Mineral
		(Percent)		
27.4	36.8	27.7	4.1	4

When and how to serve "store" cheese:

Cheese is like meat in that it does not contain cellulose or starch. Foods lacking in one or more elements should be combined with other foods which supply the lacking element. Combine cheese with potatoes, bread, rice, macaroni, and with vegetables.

Cheese is a concentrated food; it contains a small percentage of water as compared with other foods and a high percentage of fat. Cheese should be served with foods deficient in fat. "The soft texture of cheese dishes as compared with meat makes it reasonable to serve the harder and crustier breads with them."<sup>1</sup>

Cheese may be served alone or in combinations, raw or cooked. Cheese which is well ripened is not elastic, or "rubbery," in texture, but crumbly. Such cheese should be served in the meal to take the place of meat, eggs, or fish.

Care should be taken not to over-cook cheese dishes. A high temperature toughens cheese, causing it to become stringy and leathery. In preparing cheese dishes, use a double boiler, a dish placed in a dish of hot water, an asbestos mat, or a very moderate oven.

<sup>1</sup>"Food Products," Sherman.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_





# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 21

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b>	Spinach or lettuce.....			
	Peas or string beans.....			
Foods characterized by mineral substances and organic acids	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b>	Lean meats.....			
Foods characterized by protein	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
<b>GROUP III</b>	Flour or meal mixtures.....			
Foods characterized by starch	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
	Potatoes.....			
<b>GROUP IV</b>	Sirup.....			
Foods characterized by sugar	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b>	Butter.....			
Foods characterized by fats	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
	Vegetable oils.....			
<b>BEVERAGES</b>	Coffee.....			
	Tea.....			

#### VARIETY IN PREPARATION

What variety in preparation will do with four simple foods

BEEF POTATOES CABBAGE APPLES

Twelve dinners served without twice preparing the same food in the same manner :

1

Porterhouse steak  
Mashed potatoes  
Cabbage salad with nuts  
Baking powder biscuit  
Apple pie, Coffee

2

Tongue  
Cabbage and potato salad  
Popovers  
Apple turnovers with cream  
Tea

3

Roast ribs of beef  
Baked potato  
Cabbage salad (sour-cream dressing)  
Plain bread  
Baked apples with cream  
Coffee

4

Creamed dried beef  
Stuffed potatoes  
Creamed cabbage with peppers  
Graham muffins  
Brown Betty with cream  
Coffee

5

Shepherd's pie  
Creamed cabbage  
White muffins  
Apple souffle with whipped cream  
Cocoa

6

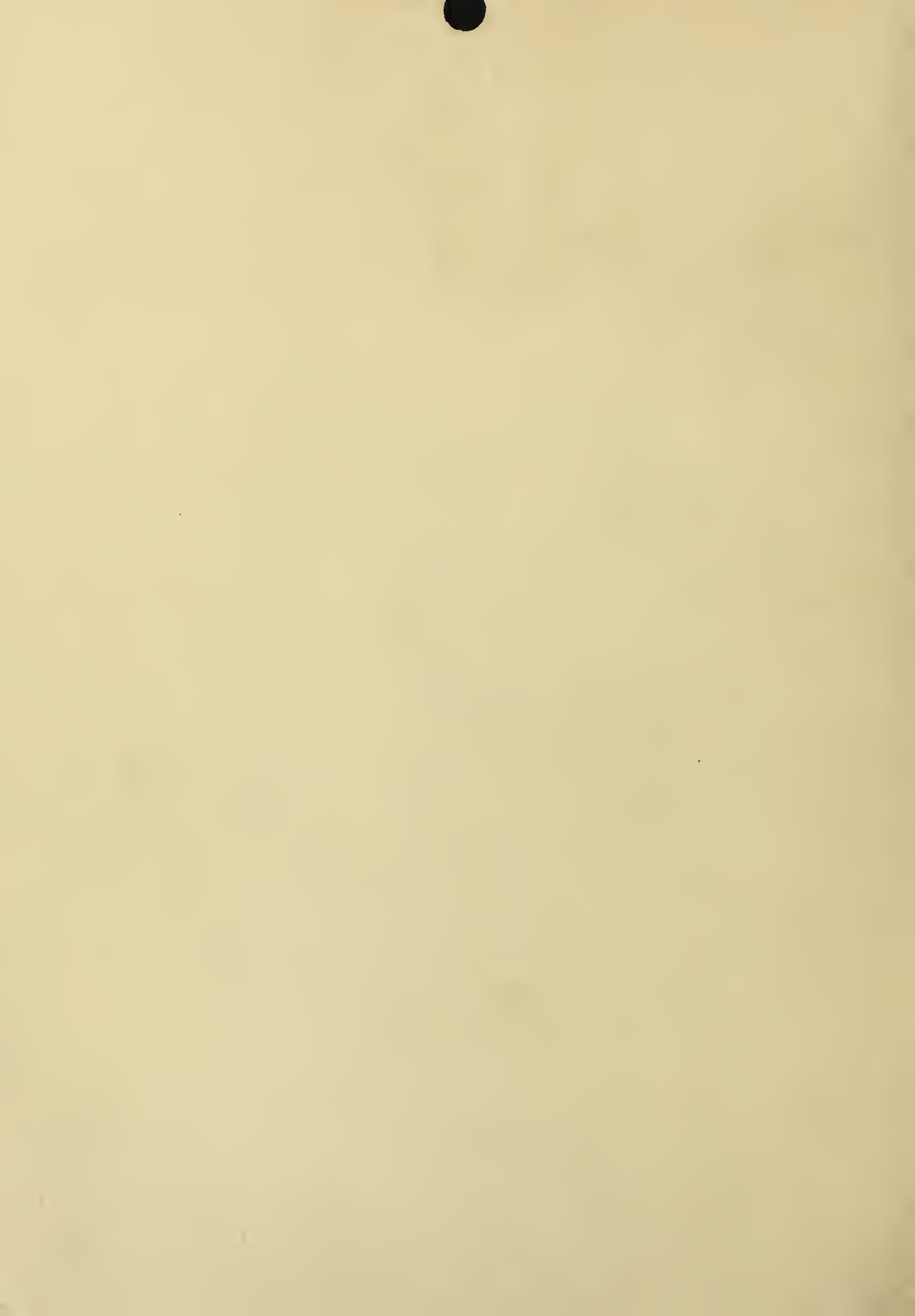
Corned beef  
Boiled potatoes  
Boiled cabbage  
Butter rolls  
Apple pudding, Coffee

(Continued on next page)

Class work of Home Economics Department, University of Illinois.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day **22**

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....			
	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b> Foods characterized by protein	Lean meats.....			
	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
<b>GROUP III</b> Foods characterized by starch	Custard.....			
	Ice cream.....			
	Flour or meal mixtures.....			
	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
<b>GROUP IV</b> Foods characterized by sugar	Potatoes.....			
	Sirup.....			
	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b> Foods characterized by fats	Butter.....			
	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
<b>BEVERAGES</b>	Vegetable oils.....			
	Coffee.....			
	Tea.....			

### TWELVE DINNERS WITH FOUR SIMPLE FOODS

(Continued)

BEEF POTATOES CABBAGE APPLES

7

Short ribs  
French fried potatoes  
Steamed cabbage  
Apple dumplings and cream  
Graham gems  
Coffee

8

Rolled stuffed steak  
Browned potatoes  
Hot slaw  
Baked apples, cream, jelly, nuts  
Coffee

9

Hamburg steak  
Riced potatoes  
Escalloped cabbage  
Graham bread  
Apple tapioca  
Coffee

10

Corned-beef hash  
Potatoes with butter and parsley  
Cabbage au gratin  
Entire wheat muffins  
Dutch apple cake, lemon sauce  
Tea

11

Beef loaf  
Creamed potatoes  
Cold slaw  
Nut bread  
Dutch apple cake with cream  
Coffee

12

Pan-broiled flank steak  
Escalloped potatoes  
Fried cabbage  
French rolls  
Apple shortcake and cream  
Cocoa

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

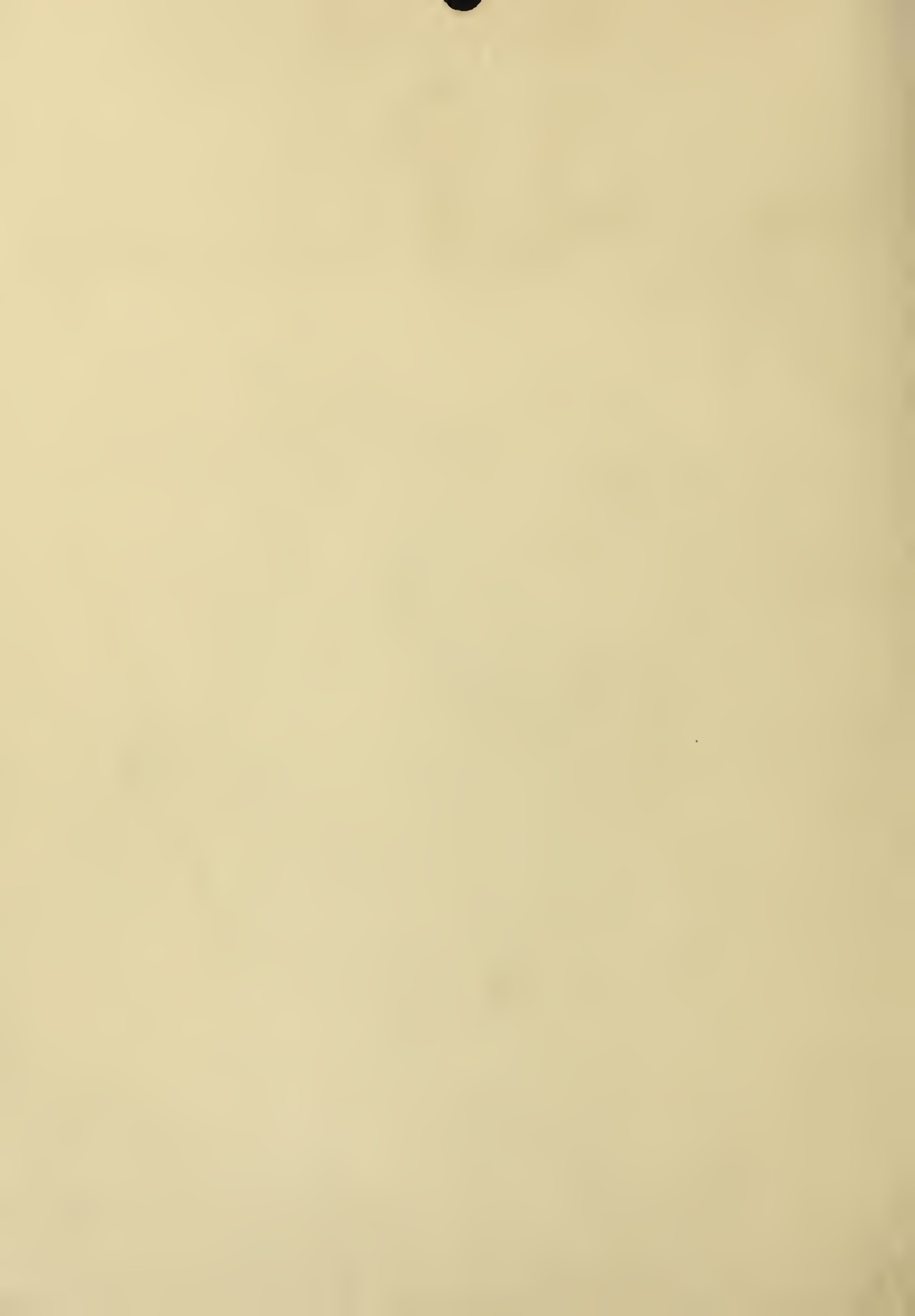
Month \_\_\_\_\_ Day 23

All FIVE GROUPS should be represented in the diet EVERY DAY

		B	D	L or S	
<b>GROUP I</b>	Spinach or lettuce.....				<p style="text-align: center;"><b>DO YOU REALIZE THAT—</b></p> <p>Beef may be served in 12 ways:</p> <p>Porterhouse steak</p> <p>Rib roast</p> <p>Hamburger steak</p> <p>Tongue</p> <p>Flank steak</p> <p>Stuffed steak (round)</p> <p>Beef loaf</p> <p>Pot roast</p> <p>In Shepherd's pie</p> <p>Creamed dried beef</p> <p>Corned beef</p> <p>Hash</p>
Foods characterized by mineral substances and organic acids	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
Berries.....					
Fruit gelatin.....					
<b>GROUP II</b>	Lean meats.....				
Foods characterized by protein	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
Cocoa (beverage).....					
Custard.....					
Ice cream.....					
<b>GROUP III</b>	Flour or meal mixtures.....				<p>Potatoes may be served in 10 ways:</p> <p>Stuffed</p> <p>Escalloped</p> <p>Mashed</p> <p>Creamed</p> <p>Riced</p> <p>Browned</p> <p>Baked</p> <p>Boiled with butter and parsley</p> <p>French-fried</p> <p>Boiled, plain</p>
Foods characterized by starch	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
	Potatoes.....				
<b>GROUP IV</b>	Sirup.....				
Foods characterized by sugar	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
	<b>GROUP V</b>	Butter.....			
Foods characterized by fats	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
Vegetable oils.....					
<b>BEVERAGES</b>	Coffee.....				<p><i>"The question of variety is often a puzzling one to the housekeeper, especially if the market is poor. In this case she is thrown back on variety in the preparation of a few foods."</i></p>
Tea.....					

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_





# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 24

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b>	Spinach or lettuce.....			
	Peas or string beans.....			
Foods characterized by <b>mineral substances and organic acids</b>	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b>	Lean meats.....			
Foods characterized by <b>protein</b>	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
<b>GROUP III</b>	Flour or meal mixtures.....			
Foods characterized by <b>starch</b>	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
	Potatoes.....			
<b>GROUP IV</b>	Sirup.....			
Foods characterized by <b>sugar</b>	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b>	Butter.....			
Foods characterized by <b>fats</b>	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
	Vegetable oils.....			
<b>BEVERAGES</b>	Coffee.....			
	Tea.....			

#### DO YOU REALIZE THAT—

Cabbage may be served in 12 ways:

- Salad (cooked dressing)
- Salad (sour-cream dressing)
- Au gratin
- Hot slaw
- Potato and cabbage salad
- Escalloped
- Creamed with peppers
- Boiled
- Creamed
- Steamed
- Fried
- Cold slaw

Apples may be served in 10 ways:

- Baked
- Brown Betty and cream
- Apple shortcake
- Apple souffle
- Apple sauce
- Apple turnover
- Apple pudding
- Tapioca pudding
- Apple pie
- Dutch apple cake with lemon sauce

*"Diversity in food materials is more easily attained if markets are good, but even then thought and care must be used in selection and preparation."*

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 25

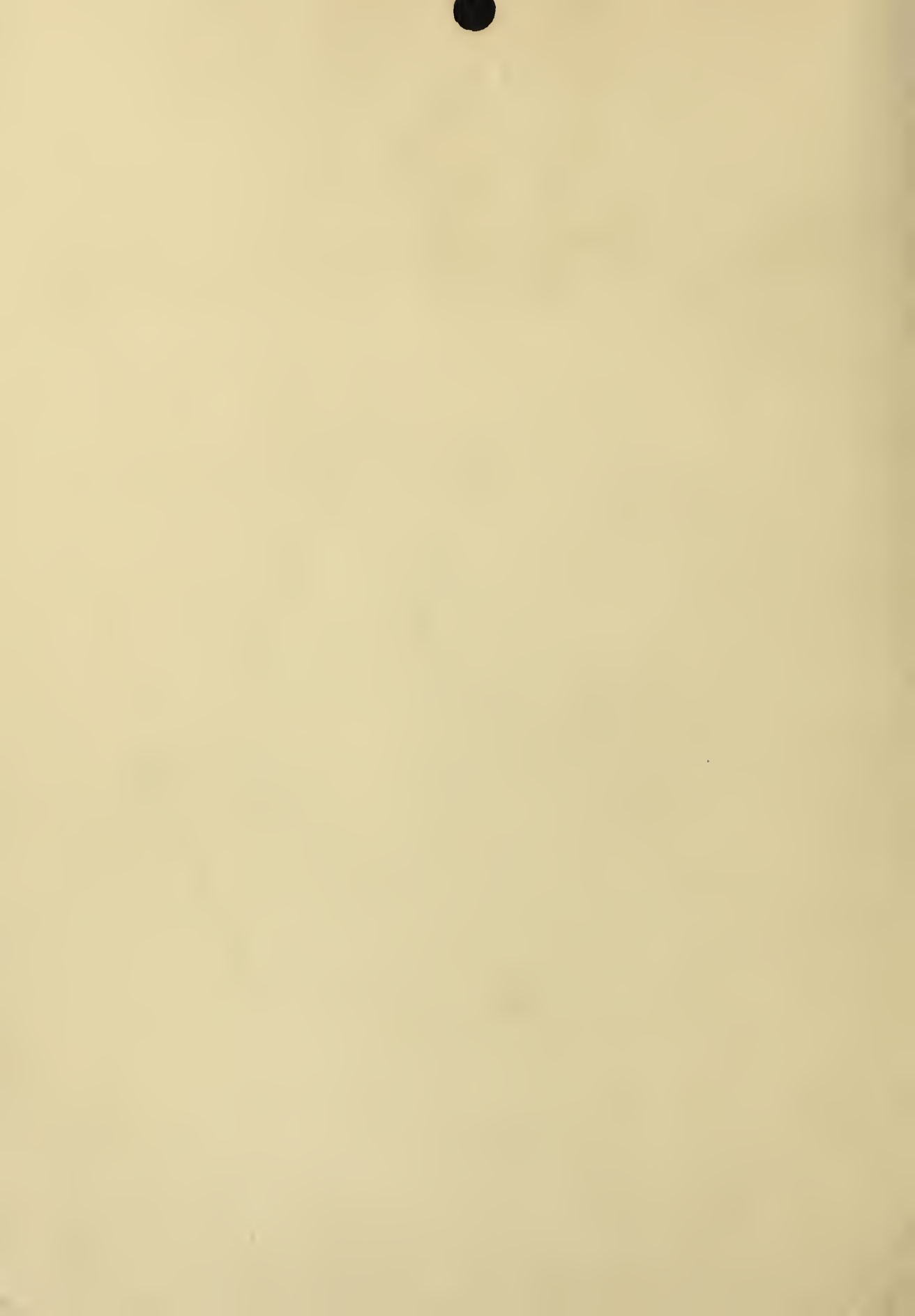
All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S	
<b>GROUP I</b>	Spinach or lettuce.....				<b>FOOD REQUIREMENTS</b>  The actual food requirements of persons under different conditions of life and work, and how these requirements are to be supplied most economically and effectively, and in the most available form, is the problem to be solved.  The factors influencing food requirements are activity, size, age. Activity is the most important—a workman needs more food and more concentrated food than the lawyer.  Women as a class require less food than men because they are usually smaller and less active.  Children require twice as many calories per pound as adults. A boy from 12 to 17 years of age needs as much or more food than his father.  Old men and old women require less food every year, since body weight and activity is less.  <div style="text-align: center;">A Man<sup>1</sup></div> 30 years needs 3000 calories a day (active) 70 years needs 1800 calories a day (inactive) 80 years needs 1600 calories a day (inactive)  <div style="text-align: center;">Average Food Requirements<sup>2</sup></div> Woman requires 2200 calories a day (moderate exercise) Man requires 2400 calories a day (sedentary) Man requires 3900 calories a day (working man)  <i>The calories of a diet whose weight is known in pounds can be simply calculated. See page 30, "The Arithmetic of Menu Making."</i>
Foods characterized by <b>mineral substances</b> and <b>organic acids</b>	Peas or string beans.....				
	Tomatoes.....				
	Turnips or carrots.....				
	Cabbage or onions.....				
	Other vegetables.....				
	Apples or pears.....				
	Oranges or grapefruit.....				
	Other fruit.....				
	Berries.....				
Fruit gelatin.....					
<b>GROUP II</b>	Lean meats.....				
Foods characterized by <b>protein</b>	Poultry.....				
	Fish.....				
	Oysters.....				
	Milk.....				
	Cheese.....				
	Eggs.....				
	Dried legumes.....				
	Nuts.....				
	Cocoa (beverage).....				
	Custard.....				
Ice cream.....					
<b>GROUP III</b>	Flour or meal mixtures.....				
Foods characterized by <b>starch</b>	Bread.....				
	Crackers.....				
	Macaroni.....				
	Rice.....				
	Tapioca.....				
	Cereal breakfast foods.....				
	Other cereal food.....				
	Potatoes.....				
<b>GROUP IV</b>	Sirup.....				
Foods characterized by <b>sugar</b>	Honey.....				
	Preserves.....				
	Jellies.....				
	Dried fruits.....				
	Candy.....				
	Sugar.....				
	Frozen ices.....				
<b>GROUP V</b>	Butter.....				
Foods characterized by <b>fats</b>	Cream.....				
	Lard.....				
	Salt pork.....				
	Bacon.....				
	Chocolate.....				
	Vegetable oils.....				
<b>BEVERAGES</b>	Coffee.....				
	Tea.....				

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_

<sup>1,2</sup>Adapted from "Feeding the Family," Rose.



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 26

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b>	Spinach or lettuce.....			
	Peas or string beans.....			
Foods characterized by mineral substances and organic acids	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b>	Lean meats.....			
Foods characterized by protein	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
<b>GROUP III</b>	Flour or meal mixtures.....			
Foods characterized by starch	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
	Potatoes.....			
<b>GROUP IV</b>	Sirup.....			
Foods characterized by sugar	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b>	Butter.....			
Foods characterized by fats	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
	Vegetable oils.....			
<b>BEVERAGES</b>	Coffee.....			
	Tea.....			

### ADEQUATE MEALS

A DAY'S DIETARY FOR A CHILD THREE TO FOUR YEARS OLD

	Measure	Calories
<b>BREAKFAST</b>		
Prune pulp	1 Tb.	50
Wheatena	$\frac{3}{8}$ cup	50
Top milk (10 oz.)	2 Tb.	50
Toast	1 slice	50
Milk to drink	$\frac{3}{4}$ cup	125
		<hr/> 325
<b>LUNCH</b>		
Milk	$\frac{3}{4}$ cup	125
Soda cracker	1 cracker	25
		<hr/> 150
<b>DINNER</b>		
Cream of pea soup	$\frac{2}{3}$ cup	100
Poached egg	1 egg	70
Toast	1 slice	50
Bread	1 slice	50
Butter	1 tsp.	32
Tapioca cream	$\frac{2}{5}$ cup	100
		<hr/> 402
<b>SUPPER</b>		
Steamed rice	$\frac{1}{2}$ cup	66
Top milk (10 oz.)	$\frac{1}{4}$ cup	100
Milk to drink	$\frac{3}{4}$ cup	125
Bread	1 slice	50
Butter	1 tsp.	32
Date marmalade	1 Tb.	50
		<hr/> 423
Total . . . . .		1300

The average fuel requirement for a child three to four years old varies from 1100 to 1400 calories per day.

From "Feeding the Family," Rose.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_





# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 27

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....			
	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b> Foods characterized by protein	Lean meats.....			
	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
<b>GROUP III</b> Foods characterized by starch	Flour or meal mixtures.....			
	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
<b>GROUP IV</b> Foods characterized by sugar	Potatoes.....			
	Sirup.....			
	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
<b>GROUP V</b> Foods characterized by fats	Frozen ices.....			
	Butter.....			
	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
<b>BEVERAGES</b>	Chocolate.....			
	Vegetable oils.....			
	Coffee.....			
	Tea.....			

### CORRECTIVE MENU

SOME ANTI-CONSTIPATION MENUS

I

**BREAKFAST:**

An orange  
Cut oats, cream  
Bran muffins and honey  
Bacon

**LUNCHEON:**

Lentil stew\*  
Triscuit†  
Baked apple (skin eaten)

**DINNER:**

Vegetable soup  
Roast beef  
Spinach (large serving)  
Baked potatoes (skins eaten)  
Cabbage salad  
Graham bread  
Steamed fig pudding, lemon sauce

II

**BREAKFAST:**

Stewed prunes  
Shredded wheat, cream  
Tomato omelet  
Graham toast

**LUNCHEON:**

Pork and baked beans  
Boston brown bread  
Sliced pineapple  
Oatmeal macaroons

**DINNER:**

Boiled mutton, caper sauce  
Stewed onions  
Lettuce salad, French dressing  
Bran wafers  
Lemon jelly, whipped cream

Two glasses of water or a glass of diluted lemon, orange, or other fruit juice should be taken each day, on arising.

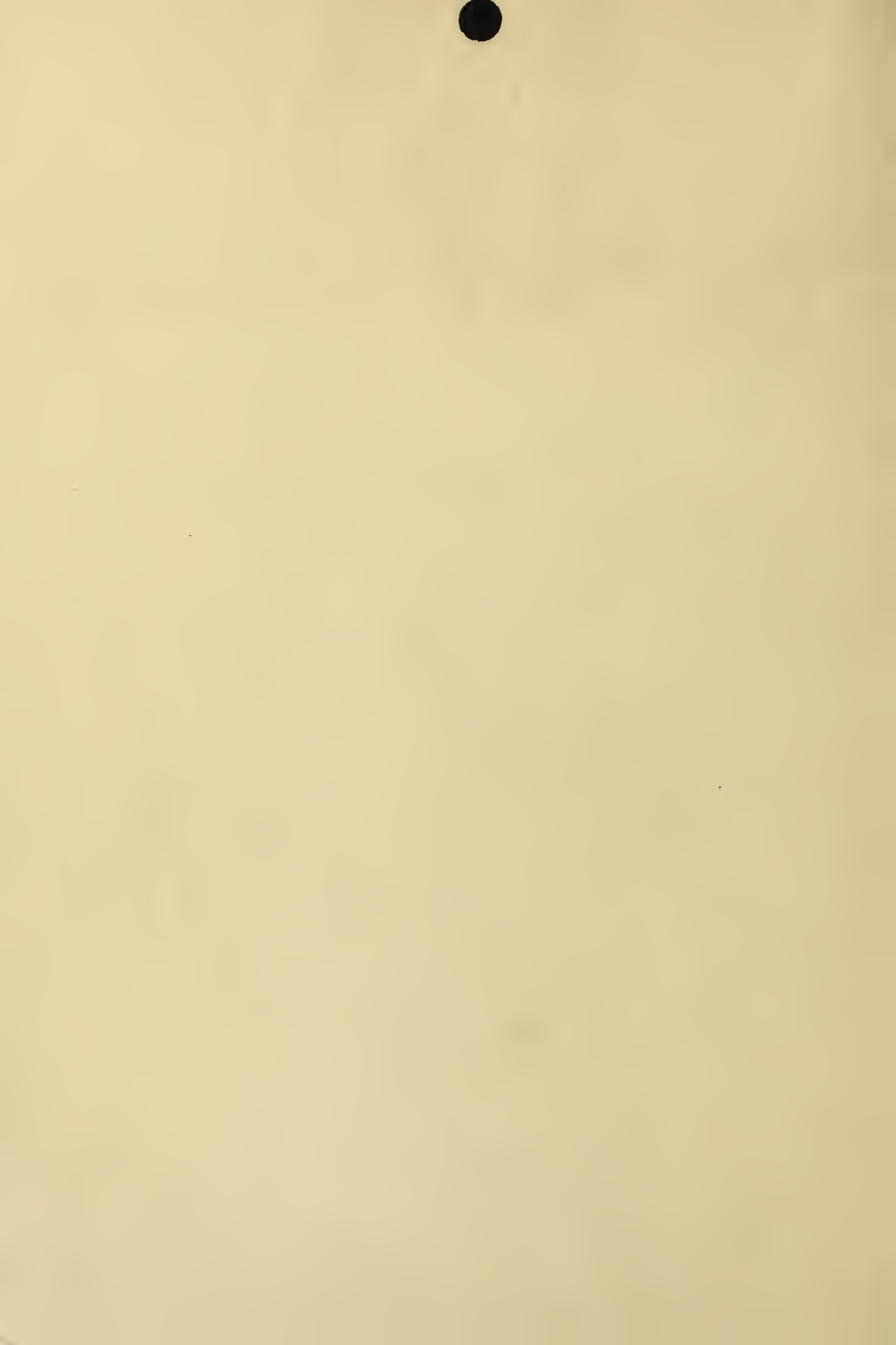
\*Lentil, belongs to the same group of foods as beans and peas.

†Triscuit is similar to shredded wheat.

From "Feeding the Family," Rose.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 28

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b> Foods characterized by mineral substances and organic acids	Spinach or lettuce.....			
	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b> Foods characterized by protein	Lean meats.....			
	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
<b>GROUP III</b> Foods characterized by starch	Custard.....			
	Ice cream.....			
	Flour or meal mixtures.....			
	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
<b>GROUP IV</b> Foods characterized by sugar	Potatoes.....			
	Sirup.....			
	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b> Foods characterized by fats	Butter.....			
	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
<b>BEVERAGES</b>	Vegetable oils.....			
	Coffee.....			
	Tea.....			

### FEEDING THE SICK

Factors which influence the kind of food to be served to the convalescent:

- Nature of the disease
- Severity and duration of the attack
- Strength of the patient
- Nature of the diet during the acute state

Diet during convalescence:

- Must contain a generous amount of building food (Group II).
- Must be restricted to foods which are not likely to disturb digestion (a minimum of highly concentrated foods).
- Must be attractive. A soft diet can be made strikingly attractive in flavor and variety.

Food requirements for the convalescent:

- 1800 to 2000 calories for the adult who is inactive
- 2200 to 2500 calories for the adult who is indulging in light exercise

In preparing food for the sick, keep in mind the following points:

1. The diet should be simple—only a few kinds of food at a time and those plainly, but very carefully cooked and seasoned.
2. Meals should be served with strict regularity; a half hour of waiting may destroy all desire for food.
3. The appetite should be tempted by the appearance of the tray—attractive dishes neatly arranged, no food slopped over, hot dishes hot and cold dishes cold when they reach the patient, a pleasant surprise in the shape of pretty garnish, a flower or a new dish.

“Diet in health means less illness, diet in sickness means quick recovery.”—*Madeline Fess Mehlig, Dietitian Chicago Chapter, American Red Cross.*

Adapted from “Feeding the Family,” Rose.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 29

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b>	Spinach or lettuce.....			
Foods characterized by <b>mineral substances and organic acids</b>	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
	Fruit gelatin.....			
<b>GROUP II</b>	Lean meats.....			
Foods characterized by <b>protein</b>	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
<b>GROUP III</b>	Flour or meal mixtures.....			
Foods characterized by <b>starch</b>	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
	Other cereal food.....			
	Potatoes.....			
<b>GROUP IV</b>	Sirup.....			
Foods characterized by <b>sugar</b>	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b>	Butter.....			
Foods characterized by <b>fats</b>	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
	Vegetable oils.....			
<b>BEVERAGES</b>	Coffee.....			
	Tea.....			

### A DAY'S DIET FOR THE ADULT MAN

Expressed in pounds

Vegetables and fruit.....	2½ lbs.
Milk (1 c).....	½ lb.
Meat and eggs.....	14 oz.
Cereals.....	8 oz.
Sweets.....	3 oz.
Fats.....	3 oz.

The above day's diet will yield about 3300 calories.

Use 2 ounces less of meat and eggs for every additional cup of milk.

The quantities given above should be multiplied by  $\frac{4}{5}$  for a moderately active woman, and by  $3\frac{1}{3}$  for a family consisting of a moderately active man and woman and three children from three to twelve years of age.

In planning the diet—

Choose enough vegetable and milk.  
Guard against excessive amounts of protein.

When recording the quantities of foods served, calculate by the week for the entire family, thus avoiding many needless figures.

Note.—Vegetable and fruit equal to 1½ lbs.: 1 apple, 1 orange, 2 large potatoes, and 1 average serving of some other vegetable.

Dried fruits: 1 ounce is equal to about 6 ounces of fresh fruit.

Adapted from "A Quick Method of Calculating Food Values," C. S. Hunt, *Journal of Home Economics*, May, 1918; and "Food and the War," U. S. Food Administration.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_





# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day 30

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

		B	D	L or S
<b>GROUP I</b> Foods characterized by <b>mineral substances and organic acids</b>	Spinach or lettuce.....			
	Peas or string beans.....			
	Tomatoes.....			
	Turnips or carrots.....			
	Cabbage or onions.....			
	Other vegetables.....			
	Apples or pears.....			
	Oranges or grapefruit.....			
	Other fruit.....			
	Berries.....			
<b>GROUP II</b> Foods characterized by <b>protein</b>	Fruit gelatin.....			
	Lean meats.....			
	Poultry.....			
	Fish.....			
	Oysters.....			
	Milk.....			
	Cheese.....			
	Eggs.....			
	Dried legumes.....			
	Nuts.....			
<b>GROUP III</b> Foods characterized by <b>starch</b>	Cocoa (beverage).....			
	Custard.....			
	Ice cream.....			
	Flour or meal mixtures.....			
	Bread.....			
	Crackers.....			
	Macaroni.....			
	Rice.....			
	Tapioca.....			
	Cereal breakfast foods.....			
<b>GROUP IV</b> Foods characterized by <b>sugar</b>	Other cereal food.....			
	Potatoes.....			
	Sirup.....			
	Honey.....			
	Preserves.....			
	Jellies.....			
	Dried fruits.....			
	Candy.....			
	Sugar.....			
	Frozen ices.....			
<b>GROUP V</b> Foods characterized by <b>fats</b>	Butter.....			
	Cream.....			
	Lard.....			
	Salt pork.....			
	Bacon.....			
	Chocolate.....			
	Vegetable oils.....			
<b>BEVERAGES</b>	Coffee.....			
	Tea.....			

### THE ARITHMETIC OF MENU MAKING

The fuel value of food can be calculated—  
When the exact weight in pounds is known, and  
When the formula is known for computing calories.

*Weight of Food<sup>1</sup>* *Calorie Formula*

1 lb. fresh fruit,  
vegetable is equal to about. . 250 calories

1 lb. meat, fish, eggs, cheese, pea-  
nut butter is equal to about. . 900 calories

1 lb. milk, skim milk, oysters,  
clams is equal to about. . . . 225 calories

1 lb. dry cereals is equal to about. 1600 calories

1 lb. bakery  
goods is equal to about. . . . 1200 calories

1 lb. sugar is equal to about. . . . 1800 calories

1 lb. cream,  
ice cream is equal to about. . 1700 calories

1 lb. butter, lard, salt pork, bacon,  
shelled nuts except peanuts  
and chestnuts, unsweetened  
chocolate is equal to about. . 3400 calories

### PRACTICAL ILLUSTRATION

A Day's Diet which yields 3000 calories.

<i>Diet</i>	<i>Weight</i>	<i>Formula</i>	<i>Calories</i>
Vegetable, fruit . . .	2½ lbs. ×	250 =	625
Milk (1 pt.) . . . . .	1 lb. ×	225 =	225
Meat . . . . .	½ lb. ×	900 =	450
Rice, cereals . . . . .	½ lb. ×	1600 =	800
Bread (2 slices) . . .	¼ lb. ×	1200 =	300
Butter . . . . .	⅛ lb. ×	3400 =	425
Bacon (2 slices) . . .	1/16 lb. ×	3400 =	212

Total calories . . . . . 3037

<sup>1</sup>This is the weight as purchased.

Adapted from "A Quick Method of Computing Food Values," C. S. Hunt, *Journal of Home Economics*, May, 1918; and "Food and the War," U. S. Food Administration.

Breakfast—B      Dinner—D      Lunch—L      Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_



# UNIVERSITY OF ILLINOIS

## EXTENSION SERVICE IN HOME ECONOMICS

### FOOD CALENDAR

DAILY RECORD

Month \_\_\_\_\_ Day **31**

All **FIVE GROUPS** should be represented in the diet **EVERY DAY**

	B	D	L or S	
<b>GROUP I</b>				<b>SERVING IS A PART OF THE MEAL</b>
Foods characterized by mineral substances and organic acids				
Spinach or lettuce.....				
Peas or string beans.....				
Tomatoes.....				
Turnips or carrots.....				
Cabbage or onions.....				
Other vegetables.....				
Apples or pears.....				
Oranges or grapefruit.....				
Other fruit.....				<p>The family table is a social meeting place of the family. This means that each member of the family should contribute something to the good cheer and hospitality of the meal.</p> <p>The problem of the service of meals is influenced by—</p> <ul style="list-style-type: none"> <li>Income</li> <li>Availability and efficiency of domestic help</li> <li>Size of the family</li> <li>Ages of the members of the family</li> <li>Needs and activities of the members of the family</li> <li>Traditions and customs</li> <li>Ideals to be maintained</li> </ul>
<b>GROUP II</b>				
Foods characterized by protein				
Lean meats.....				
Poultry.....				
Fish.....				
Oysters.....				
Milk.....				
Cheese.....				
Eggs.....				
Dried legumes.....				<p>Correct service is simple, consistent, and attractive. The order of service used may be varied as the occasion demands. The type of service should meet the needs of the particular family for which it is used. Choose a type which requires few interruptions of the meal.</p> <p>Simple meal service is good form and good taste. A meal consisting of only three foods, nicely served from a well-laid table, with clean linen, and orderly in its arrangement is correct service.</p>
Nuts.....				
Cocoa (beverage).....				
Custard.....				
Ice cream.....				
<b>GROUP III</b>				
Foods characterized by starch				
Flour or meal mixtures.....				
Bread.....				
Crackers.....				
Macaroni.....				
Rice.....				
Tapioca.....				
Cereal breakfast foods.....				<p>Teach the children to assist in the service of meals, to set the table correctly, and to place and remove courses.</p> <p>When the family is small, a wheeled tray may be used to simplify the meal service. Any household equipment which will save energy, time and labor is worthy of consideration.</p>
Other cereal food.....				
Potatoes.....				
<b>GROUP IV</b>				
Foods characterized by sugar				
Sirup.....				
Honey.....				
Preserves.....				
Jellies.....				
Dried fruits.....				
Candy.....				
Sugar.....				<p>To teach the child how to eat is almost as important as to teach him what to eat.</p>
Frozen ices.....				
<b>GROUP V</b>				
Foods characterized by fats				
Butter.....				
Cream.....				
Lard.....				
Salt pork.....				
Bacon.....				
Chocolate.....				
Vegetable oils.....				
<b>BEVERAGES</b>				
Coffee.....				
Tea.....				

Breakfast—B

Dinner—D

Lunch—L

Supper—S

Name \_\_\_\_\_ Address \_\_\_\_\_







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